

Foot care for people with diabetes

Cornerstones4Care™

People with diabetes have to take special care of their feet. You should have a comprehensive foot exam every year. This page shows some more things you can do to keep your feet healthy.

Wash your feet in warm water every day.



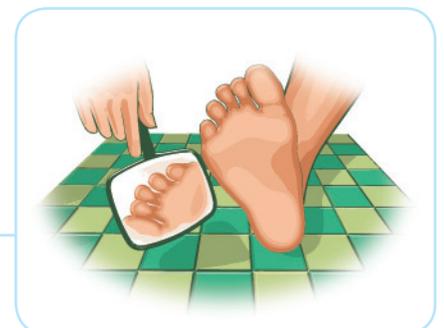
Dry your feet well, especially between the toes.



Keep the skin soft with a moisturizing lotion, but do not apply it between the toes.



Inspect your feet every day for cuts, sores, blisters, redness, calluses, or other problems. If you cannot see well, ask someone else to check your feet for you.



Ask your diabetes care team how you should care for your toenails.



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To avoid blisters, always wear clean, soft socks that fit you. Do not wear socks or knee-high stockings that are too tight below your knee.



Always wear shoes that fit well. Break them in slowly.



Never walk barefoot indoors or outdoors.



Before putting your shoes on, feel the insides for sharp edges, cracks, pebbles, nails, or anything that could hurt your feet.



For more information, visit
Cornerstones4Care.com

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